

# Tanning:

## Is it safe for YOUR child?

### Tanning—Children & Teens

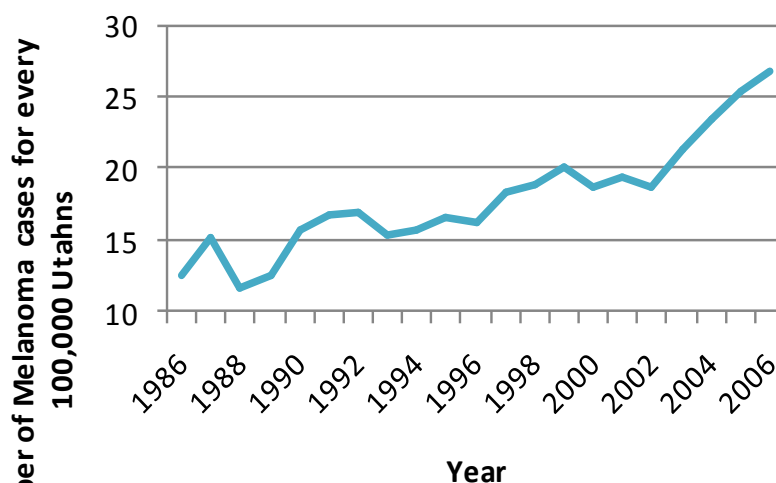
Parents and caregivers have a strong influence on their child or teen's tanning behavior. What you say and do really does make a difference.

The World Health Organization strongly urges all people to avoid using tanning beds, especially those under the age of 18.

The skin is more sensitive during childhood. People who tan regularly before age 35 are *eight times* more likely to develop melanoma—the deadliest skin cancer<sup>1</sup>.



### Number of Melanoma cases for every 100,000 Utahns\*



\* Source: IBIS, 2 Nov 2009.

### Stay Safe in the Sun

#### ◆ Wear sunblock

- SPF 15 or higher
- Sunblock that protects against both **UVA and UVB rays**.
- Put plenty on...about two tablespoons.
- Put it on 30-45 minutes **before** going outside.

#### ◆ Cover up

#### ◆ Wear a hat

#### ◆ Wear sunglasses

#### ◆ Stay in the shade

#### ◆ Avoid the sun during the hottest part of the day

*"I want my kids to enjoy being outside, but I also want them to be safe, too. Sunblock is a must in our home...it takes only a couple of minutes to put on and it makes a big difference now and in the future."*

- Becky Jensen, Salt Lake City mother of two

# Tanning: Is it safe for your child?

...Continued

## Want a Tan Without the Risk?

To get a little color without the risks, try one of these solutions:

### Sunless tanner:

There are several products that give a tan color to skin without causing the health problems UV rays can. You can buy them at the store and apply them at home.

### Spray-on tans:

Many tanning salons now offer spray-on tans that offer color without the UV rays.



## Why Limit Tanning and Sun Exposure?

### Lower the risk of skin cancer

- Ultraviolet (UV) rays are cancer-causing agents

### Reduce serious sunburns caused by UV rays from the sun and tanning beds

- UV rays can cause serious burns that may need to be treated by a doctor.

### Lessen the chance of eye damage

- UV rays can cause cataracts, growths on the eye, and possible vision loss in later years.

### Keep your immune system strong

- The sun changes special cells on the skin that alert the body to damage and infections. By changing these cells, UV rays may weaken the immune system, making it harder for the body to fight some diseases and infections.

### Tanning may be addictive<sup>2</sup>

- The body releases chemicals when exposed to UV light. People may become dependent on these chemicals, much like those who become dependent on alcohol or drugs<sup>3,4,5</sup>.

## References

1. American Cancer Society (2000). *Tanning beds may increase skin cancer*. Accessed 6 May 2009 at [http://www.cancer.org/docroot/NWS/content/NWS\\_1...\\_Tanning\\_Beds\\_May\\_Increase\\_Skin\\_Cancer\\_Risk.asp](http://www.cancer.org/docroot/NWS/content/NWS_1..._Tanning_Beds_May_Increase_Skin_Cancer_Risk.asp).
2. Lazovich (2004). *Characteristics associated with use or intention to use indoor tanning among adolescents*. *Arch Pediatr Adolesc Med*;158 (9):918-924.
3. Kaur (2006). *Induction of withdrawal-like symptoms in a small randomized, controlled trial of opioid blockade in frequent tanners*. *J Am Acad Dermatol*; 54(4):709-11.
4. Nolan (2009). *Ultraviolet tanning addiction*. *Dermatol Clin*; 27(2):109-12.
5. Warthan (2005). *UV light tanning as a type of substance-related disorder*. *Arch Dermatol*;141:963-966.



UTAH DEPARTMENT OF  
**HEALTH**



Utah  
Cancer Control  
Program